

Are You Pregnant?

Protect Your Baby from Wireless Radiation!



Recent studies at Yale University and other institutions have suggested that exposure to radiation from cell phones and other wireless devices during pregnancy may impact brain development, resulting in symptoms that resemble Attention Deficit/Hyperactivity Disorder (ADHD) in children.

Now, doctors and researchers around the world are urging pregnant women to take simple steps to limit their exposure to wireless radiation.

For more information, including links to scientific studies and video interviews with medical doctors and public health experts, please visit our website, **BabySafeProject.org**.

10 Tips for Reducing Your Exposure to Wireless Radiation

1. Avoid carrying your cell phone on your body (e.g. in a pocket or bra).
2. Avoid holding any wireless device against your body when in use.
3. Use your cell phone on speaker setting or with an “air tube” headset.
4. Avoid using your wireless device in cars, trains or elevators.
5. Avoid cordless phones, especially where you sleep.
6. Whenever possible, connect to the internet with wired cables.
7. When using Wi-Fi, connect only to download, then disconnect and disable Wi-Fi.
8. Avoid prolonged or direct exposure to nearby Wi-Fi routers.
9. Unplug your home Wi-Fi router when not in use (e.g. at bedtime).
10. Sleep as far away from wireless utility meters (i.e. “smart” meters) as possible.

*Generally speaking, **proximity** is the most important factor in determining the amount of wireless radiation to which you and your baby are exposed. Radiation levels fall off dramatically as you distance yourself from the source.*



The BabySafe Project

www.BabySafeProject.org

#KnowYourExposure